

## Daily & Weekly Rhythms are key

# 1

### Read /

We want to fill up our minds and hearts with God's Word. Consider not just reading the weekly verse as a family, but memorizing it together!

# 2

### Pray /

We talk WITH God through prayer- Wow, I'm sorry, Thank you, Help. Each week has sample prayer prompts for your family to express these elements of talking WITH God.

# 3

### Sing /

We can also spend time with God by praising Him! Scan the QR code for one of our Summit Kids worship songs that helps us fill up our hearts with reminders of who God is, and thank Him for the gift of Jesus.

## Giving up & Filling up

### Giving Up

Consider explaining to your kids that your family will be fasting from an item or activity during this time. That could look like giving up sweets and treats, a particular toy, a type of music or TV show you would normally enjoy together, etc.

### Filling Up

In the space of what we are "giving up," we will be spending some or all of that time talking with God instead- recognizing our need for Him, telling Him we love Him even more than our things, and praying for our family, our church, and our world.

Scan for additional examples of pursuing "giving up and filling up" as a family

### suggested times of day



morning time



drive time



dinner time



bed time

home is the first mission field



SUMMIT **KiDS**

24 Days of Fasting and Prayer

Praying with kids Guide

# week one



God created us to know him. We are separated from him by our sin, and following Jesus is the only way to make the wrong things right. We can't follow Jesus in our own strength, though. We learn about him through the Bible and pray for the help of the Holy Spirit to know and follow him.

## John 15:5



I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.



**WOW!** We are amazed by you!  
**I'M SORRY** for trying to be good enough on my own.  
**THANK YOU** for sending Jesus to die for our sins and lead us back to you.  
**HELP** us follow Jesus. Help us read your words and understand them. Help us love the things that you love.



# week two



God knows everything about us, and he loves us more than anyone else does. He wants us to be a part of his Church so that we can remind each other of his love and encourage one another. We should obey him to show that we love him too and are thankful for all he has done.

## John 15:9



As the Father has loved me, I have also loved you. Remain in my love.



**WOW!** God, you know everything about us. You knew we would need each other in this life. You are a good, good father.  
**I'M SORRY** for the times I do not obey you. Please forgive me for my wrong choices.  
**THANK YOU** for our church, our small groups, and that we can worship you together.  
**HELP** us know and obey your word.



# week three



An important part of following Jesus is talking to others about him. As we learn about God's goodness, we can tell our friends and neighbors what we're learning. We can also pray for and encourage those in our church who choose to make telling others about him their job.

## John 15:11



I have told you these things so that my joy may be in you and your joy may be complete.



**WOW!** God, your love is big enough for everyone!  
**I'M SORRY** for keeping the good news to myself.  
**THANK YOU** for forgiveness through Jesus.  
**HELP** us tell everyone about the good news. Help the people who are going around our country and our world to share the good news.

